

INDIANA FAMILY AND
SOCIAL SERVICES
ADMINISTRATION /
MENTAL HEALTH AND
ADDICTION

Larue D. Carter Memorial Hospital
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Our Vision:

To serve the citizens of Indiana as a center of excellence in mental health.

Our Mission:

To provide specialized treatment, education, and research in the field of mental health.

- Teaching
- Research
- Treatment

The Carter Insider

Editor: Deb Doty
This Month's Contributors:
Gwynn Best, Rose Christy, Steve Elder, Amy Frazer, Carlie Goodson, Rob Hood, Maureen Lindsey, Nikki Mehdiyou, Kausar Siddiqi

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Upgrade Your Health Plan

The State of Indiana is once again offering a way to upgrade your health plan during Open Enrollment this fall. Similar to last year, the **Wellness Consumer Driven Health Plan (CDHP)** offers lower premiums to those who qualify. To qualify for the Wellness CDHP upgrade, employees must be covered by a state medical plan (provided by the State Personnel Department) and must enroll in HumanaVitality® and attain Silver Status within the program **before August 31, 2015**.

HumanaVitality® is an incentive-based wellness portal that empowers you to invest in your health. HumanaVitality® is available to employees, and their covered dependents, enrolled in a medical plan offered through

the State Personnel Department.



The quickest path to Silver Status within the program is completing the:

- **Health Assessment:** a confidential health assessment that helps you to identify health risks, as well as give you the opportunity to create a plan to address potential risks.
- **Vitality Check:** go to an appointment with your primary care physician or attend one of many free screening events happening around the state in upcoming months. The numbers

are kept confidential.

- **Action Items:** activities recommended via HumanaVitality® to help you take charge of your health. These items (customized for each participant) have different point values, and enough points must be earned to attain Silver Status or higher.

The goal is to provide you with tools and programs that assist you in improving your overall health and wellbeing.

If you have specific questions about the 2016 Wellness CDHP call or email a Benefits Specialist in State Personnel at 317-232-1167 or 1-877-248-0007 or SPDBenefits@spd.in.gov.

The Hub

On January 26, FSSA launched The Hub as its new intranet with the goal to streamline communications across the agency and to be the primary source for FSSA news and

information about working for FSSA and the state. Parts of The Hub are still under construction, so be sure to check back often for updates. If you're having trouble finding

information, please email the Office of Communications and Media (OCM) at: Office.Communications@fssa.in.gov.

Staff Development Moves into New Space

We are open for business!

With leadership from Assistant Superintendent **Alma Burrus** and the hard work of Plant Director **Stan Russell** and his maintenance crew, we now have a proper Staff Develop-

ment Department.

Steve Elder is the Department Director, **Deb Doty** is the Training Coordinator, and **Gwynn Best** provides clerical support.

We held our first department

meeting on February 25 to launch several projects for the year. So, for all your training and staff development needs, stop by and see us. Our offices are located in Building 11, ground floor, in the old Peach Room area.

Nursing News by Rose Christy, RN, Director of Nursing



I have been an official member of the Larue Carter “family” for 90 days now. Wow, how time flies! I wanted to take a moment to share with you what I have learned.

First of all, I can’t say enough about the staff we have. I have witnessed countless examples of excellent patient care delivered with compassion, patience, and grace. This speaks volumes about this facility and demonstrates our Mission and Vision.

Of course, life always comes with challenges, and we are not different. The greatest challenge we have currently is that of staffing; but know that this is a challenge in every hospital. You may be asking what is being done to meet this need. We are working closely with

Human Resources to fill our vacancies as quickly as possible. We have contacted our various agency vendors to ask for additional resources, and we have added orientation sessions in order to move people to the units as quickly as possible.

This will pass! Each week progress is being made, and each week I see new faces on the units providing patient care.

However, our work does not stop with hiring and orienting these individuals to their roles. It has only begun. It is essential that we embrace all of our newly hired staff and treat them as you want to be treated. Please make them feel welcome, answer their questions and show them the way. Remember, we have all been there—everyone has a “first” day.

We are very blessed here at LCH. As someone who has worked for many years in the private sector (both for profit and non-profit), the grass is not greener. There is support here at this facility that I have not encountered elsewhere. We have a Superintendent and Assistant Superintendent who are engaged and concerned about our patients. I have witnessed this and can attest that their first concern is about the person, be it patient or staff.

Last, I am extending a personal invitation to stop me when I am out and about and introduce yourself. If you happen to be on the second floor in Building I, my office is located in room I-2003. Please stop in and say hello!

LCH Potpourri



Kenya Hamilton
February Employee of the Month

Congratulations to Kenya Hamilton (BHRA) on being named LCH Employee of the Month for February. Kenya is known as a team player who is enthusiastic and positive. Patients and co-workers appreciate her helpfulness and great communication skills.

Congratulations to Teresa Fleenor (switchboard operator) on being recognized as Employee of the Month for March. When the new phone system was installed, Teresa was the person who trained the Security staff, and has been the go-to person for their ongoing learning.

We welcome: LaTanya Allender (LPN), Adekunle Atobatele (Nurse), Annette Bowling (Secretary), Christal

Esposito (Social Worker), Keana Jackson (BHRA), Ansumana “AJ” Jeigula (BHRA), Denise Lewis (BHRA) and Gary Wharton (Nurse).

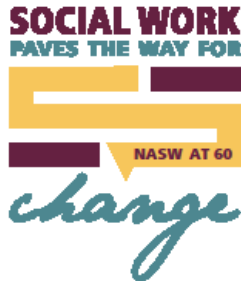
We say farewell to: Judith Bealke (Psychiatrist), Megan Foley (Nurse), Denton Gross (IT Director), Daniel Kelly (Housekeeper), Stephanie Poole (Social Worker), Kristy Salinas (Social Worker), and Indu Vohra (PI Director).

Congratulations to the IU Psychotic Disorders Program and **Dr. Alan Breier** on being interviewed for an article, “Lazarus Drugs,” in the national publication, *The Scientist*. The article, by Kate Yandell, discusses the re-purposing of



Teresa Fleenor
March Employee of the Month

drugs that suffer setbacks on their original attempt for FDA approval. The article spoke very positively of the work Dr. Breier and his colleagues do in this area. To read the article, go to: <http://www.thescientist.com/?articles.view/articleNo/41980/title/Lazarus-Drugs/>.



Social Work Month Observed by Social Work Director Maureen Lindsey

March is the time to celebrate social workers and all they do to help people.

The theme this year is "Social Work Paves The Way for Change." Social workers have worked to improve the life of women and African Americans and other ethnic minorities. They have also pushed to strengthen the safety net for programs like Medicaid and Medicare and advocated for social justice issues such as the Voting Rights Act and the Community Mental Health Act. Social workers also make a

difference in the day-to-day lives of millions of Americans by helping to build, support, and empower positive family and community relationships. For example, they work in schools helping students overcome obstacles to their education, they work in hospitals helping patients navigate their way to recovery, and they work in agencies and organizations helping protect vulnerable children and adults from abuse and neglect.

Here at LCH, we are fortunate to have some wonderfully dedi-

cated social workers who make huge differences in the lives of our patients. In addition to case management, record keeping, treatment team/departmental/committee meetings, they complete all social assessments, advance directives, Human Rights and HIPAA Release forms. They provide active treatment groups and work closely with other members of the treatment team to develop group material. They provide assistance with money management, work with direct

(continued on page 4)

Use Your Personal Email for HumanaVitality®

Be Healthy!

HumanaVitality®, the incentive-based wellness program the state has selected as the program to help state employees qualify for the Wellness CDHP, is designed to help empower employees with the tools they need to reach their optimal health. By participating in health-related activities that can be tracked and measured, such as taking wellness classes, exercising and getting regular check-ups and screenings, members earn Vitality Points, which are then used to determine Vitality Status™. Members also earn a Vitality Buck for every Vitality Point earned, which can be redeemed for products, services, and discounts with preferred partners.

Activating your membership is very simple. Just visit: www.humanavitality.com/InvestInYourHealth, and follow

these simple steps:

1. Click the green "sign in or register" button and then "register now as a new user" link.
2. Click "Get Started" button.
3. Under the green registration heading, there are three tabs. Choose the far right tab titled "All other members." If you don't have your Humana ID card yet, you will need to enter your birth date and social security number to finish the registration.
4. You can also set up your account by downloading the HumanaVitality® mobile app from your mobile device app store.
5. Upon registration, you are prompted to complete the HumanaVitality® Health Assessment the first time you log into your account.

Welcome packets are being sent to your home address. These packets will include

more information and your Humana ID cards.

When registering for HumanaVitality®, you are asked for your Humana Member ID (or Social Security Number), birthday and home zip code. You are also asked to enter your email address and to create a user name and password.

The email address you input is the primary means for HumanaVitality® to contact you. Because health recommendations or personalized communications may be sent from HumanaVitality®, you are strongly encouraged to use a personal email address instead of your state-issued employee email address.

If you don't currently have a personal email address, free account options are available at yahoo.com or gmail.com.

For additional information about HumanaVitality®, please visit investinyourhealthindiana.com/humana.

March Is National Nutrition Month



National Nutrition Month is an annual nutrition and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for 2015 is "Bite into A Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making

informed food choices, and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

As part of National Nutrition Month, March 11 is set aside as Registered Dietitian Nutritionist (RDN) Day. This day celebrates the many contributions registered dietitian nutritionists make. As the nation's food and nutrition experts, registered

dietitian nutritionists are committed to improving the health of their patients and community.

Here at LCH, we are proud to have **Kausar Siddiqi** serving as our Registered Dietitian.

For more information about National Nutrition Month and RDN Day, visit <http://www.eatrightpro.org/resources/media/multimedia-news-center/national-nutrition-month-media-materials>.

Social Work Month Observed continued from page 3



care staff to provide adequate clothing through county supply for each of their assigned patients, provide financial counseling related to Medicare and Medicaid, and complete Medicare D and Medicaid applications as applicable. They work closely with Patient Accounts/Social Security and DFC as needed. They act as liaisons with the Gatekeepers/DMHA as required to provide transition and discharge planning for each patient. They also act as

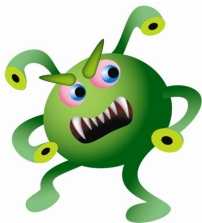
liaisons between the family and the treatment team. This includes information gathering and providing communication as appropriate to educate and provide a support network for the patients. They assist the treatment team in verification of guardianship, and obtain the Health Care Representatives as needed.

Currently, we have eight social workers here at LCH. The senior member of the staff is

Cathy Holdt, who has been with us for 43 years.

When you see a social worker this month, be sure to thank them for all they do to impact the lives of our patients for the good.

If you have questions about Social Work Month, email socialworkmonth@naswck. Campaign updates may be found at SocialWorkMonth.org.



Important Virus Alert

If you receive an email with the subject "FAX" or "Your document" or "Access All Areas Invoice" with an attached ZIP file, **do not open it!** Please delete it immediately. These messages likely contain an email virus.

If you have already opened such a message, please scan your computer for threats by clicking on the McAfee logo at the bottom of your screen. If a threat is noted, please contact the Indiana Office of Technology (IOT) helpdesk for assistance at: <http://iot.in.gov/hda> or 317-234-HELP (4357).

"You've got to do your own growing, no matter how tall your grandfather was."

Irish Proverb



JUST A REMINDER ABOUT FINGERNAILS!



OK

This is taken from the Hand Hygiene Policy, June 2014:

Direct Care Staff

Fingernails may not extend beyond fingertips. They must be free of dirt around and under the nail, and must be well maintained.

Direct care staff may not wear artificial nails. This includes tips, extensions, nail jewelry, and fingernail enhancements.

Fingernail polish is allowed for all staff as long as it is not chipped or cracked.



Not OK

Choosing a Safe Day Care

Choosing a safe day care can be a challenge. Here are a few tips to consider when you face this decision.

- **Ask whether the day care is licensed,** registered, or unlicensed. That will determine how often the day care will be inspected—if ever.
- **Count children.** If there are more than six unrelated children, the day care must be licensed.
- **Ask for a copy of the license.**
- **Check if the day care is in the Paths to Quality Program**—the state's voluntary quality rating and evaluation system that ranks day cares on a scale of 1 to 4.
- **Make sure you feel comfortable.** Make unannounced visits and stay as long as you can.
- **Ask who else will be in the home/facility.**
- **Check with parents who have used the day care.**
- **Use the state's Carefinder website at:** <https://secure.in.gov/apps/fssa/carefinder/index.html> to review inspection, complaint, and enforcement records for each licensed or registered day care.

Also, the Indiana Association for Child Care Resource and Referral can help parents find a day care facility. Their number is 800-299-1627.

Once you select a day care, it is important to continuously re-evaluate your choice. Make unannounced visits.

If you see a problem in a day care, call the Office of Early Childhood and Out of School Learning hotline at 877-511-1144.

If you suspect a child is being abused or neglected, call the Department of Child Services Child Abuse hotline at 800-800-5556.



Do 1 Thing!



Water

Whether you get water from a municipal water system or your home has a private well, your water supply depends on having power to operate the system. During a power outage—or any disaster that can cause a

power outage, such as high winds, ice storm, or flood—you may find yourself without drinkable water.

Do 1 Thing is a 12-month program that makes it easy for you to prepare yourself, your family, and your community for

emergencies or disasters. For more information on what you can do this month to be better prepared, and to track your progress, visit <http://do1thing.com/things/feb>.



Infection Prevention by Amy Frazer, RN, LCH Infection Preventionist



This month we are asking the question: PPE or Spill Kit—What Do I Need?

PPE is an abbreviation for Personal Protective Equipment. This is what you grab if you need to protect yourself from an exposure to blood or other potentially infectious materials. PPE kits are tackle boxes secured by a zip lock.

What's in the PPE Kit?

- One-way mask for CPR
- Gloves
- Dressings (4x4s, gauze rolls, ABD pads)
- Trash bag
- Goggles
- Biohazard bag
- Mask



PPE kits are located:

- Each unit treatment/exam room
- Physical plant building
- School
- Clinic

The PPE kit should be returned to the clinic for restocking and

resealing whenever opened.

The Spill Kit contains items to safely help you clean up blood or body fluids. They are in bright blue caddies inside clear plastic bags.

What's in the Spill Kit?

One prepackaged BVI spill kit for small spills, which includes:

- One packet Red Z absorbent powder
- One red biohazard bag and tie
- One pair disposable gloves
- Two antimicrobial wipes
- Two all-purpose wipes
- Two all-purpose scoops
- One spatula/scoop

In addition, there are the following materials for larger spills:

- Gloves
- Face mask
- Shoe covers
- Gown
- Goggles
- Black trash bag for any trash except something dripping blood
- Paper towels
- Yellow biohazard bag for contaminated linen



Spill Kits are located:

1st floor:

- Security
- In the hallway by the art room (gym area)
- Medical clinic #1-1067
- Teacher's lounge #1-1019
- Spill Kit closet #1-1023

2nd floor:

- 2A exam room #8-2016B
- Copier room by ceremonial lobby

3rd floor:

- 3A exam room #8-3151
- 3C exam room #1-4021B
- 3E exam room #1-4065

4th floor:

- 4B room #8-4014
- 4C room #1-4021B
- 4E room #1-4065

Building 18:

- Office

Building 11:

- Dewey Room



*"Wait. Be patient. The storm will pass.
The spring will come."*

Robert H. Schuller